

Know Your BMI!

Body Mass Index (BMI) is a measure of a person's weight in relation to height. Ask your doctor to help compute your BMI.

Date:	Height:	Weight:	BMI:

Know Your Glucose!

Glucose is sugar in the blood that is the body's main source of energy. If your glucose is too high or low, you may have diabetes.

Date:	Glucose:	Date:	Glucose:

List your current medications and dosages here:

Cholesterol Target:
Less than 200

Blood Pressure Target:
Less than 120/80

Blood Sugar Target:
Fasting 80 to 99

Body Mass Index Target:
Less than 25

Mississippi's Chronic Disease Burden: a Heavy Load

Cardiovascular disease, diabetes and obesity are lifelong health problems that can take a serious toll on your health.

Cardiovascular disease, including heart disease and stroke, is the leading cause of death in Mississippi.

Diabetes is an extremely dangerous condition when left untreated. It can lead to heart disease, blindness, arm and leg amputations, and kidney disease. That's why it is important to see your doctor and know your blood sugar numbers.

Obesity is a contributing risk factor for many chronic diseases (cardiovascular disease, diabetes, arthritis, cancer, etc.). Mississippi has one of the highest rates of obesity in the United States.

It's Your Health: Don't Take Chances
You can minimize your risk of developing a chronic disease by "knowing your numbers" and making a few simple changes in your life.

Stop tobacco use. Tobacco use is a leading contributor to the development of cardiovascular disease. It also affects healthy teeth and gums.

Start exercising. Exercise is good for the body, and can help you reduce your risk of developing a chronic disease.

Eat a healthy, balanced diet. Eating a healthy diet decreases your risk of developing high blood pressure, high cholesterol, and diabetes.



MISSISSIPPI STATE DEPARTMENT OF HEALTH
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Know Your Numbers

Less than
200

Less than
120/80

Fasting
80-99

Less than
25

for a better life

What Numbers Should You Know?



Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk level for having a major illness.



If you know these numbers, you can take action to reduce your chances of developing heart disease, diabetes, and many other chronic illnesses.



Don't let your health "just happen." Know your numbers and take charge for a better life!



Cholesterol Target: Less than 200

Sometimes the body makes and stores extra fats and cholesterol. A "sudden" heart attack may not really be sudden at all, but caused by years of living with high cholesterol. The normal range is 200 or less for total cholesterol.

You also need to know your "healthy" HDL cholesterol and "lousy" LDL cholesterol numbers. A high total LDL, or a low HDL cholesterol number means that you need to take immediate action to prevent potential threats to your health such as a heart attack or stroke.

There are no definite symptoms of high cholesterol. That's why it is important to see your doctor and know your cholesterol numbers.

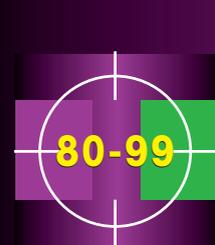


Blood Pressure Target: Less than 120/80

Blood pressure is the amount of force it takes for your heart to pump blood through your body. Your blood pressure normally rises and falls throughout the day, but it can increase your risk of having a heart attack or stroke if it stays high for a long time. A normal blood pressure is less than 120/80 mmHg.

High blood pressure is called the "silent killer" because many people don't realize they have it. The only way to detect whether or not you have high blood pressure is to have it measured by a doctor or health professional. It is quick and painless.

Talk with your doctor about the best ways to reduce your risk for high blood pressure.



Blood Sugar Target: Fasting 80 to 99

Glucose is sugar in the blood, and is the body's main source of energy. For most adults, a normal fasting blood sugar range is 80-99.

One out of three people in Mississippi with diabetes don't know they have it or are not being treated. Diabetes can strike people of any age, and it is more common in nonwhite populations. Symptoms may include frequent urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability, or blurry vision. If your fasting blood sugar is 126 or greater, you may be diagnosed with diabetes. A fasting blood sugar from 100 to 125 means that you can develop diabetes at some time in the future, and you should take steps to prevent its development.

If you have been diagnosed with diabetes, you also need to have your A1C number checked. Your A1C tells how well you are controlling your blood sugar over a three-month period of time. Your A1C should be less than 7.



Body Mass Index Target: Less than 25

Body mass index (BMI) is a measure of your weight in relation to your height. It indicates your "fatness" and should be less than 25. A number of 25 or above means you are overweight, and a number of 30 or more means you are obese. Extra weight can lead to high cholesterol, heart disease, diabetes, and many other chronic illnesses.

Check with your doctor to determine your BMI, then take action to control your weight.

How Can You Have a Better Life?

Here's how you can take charge of your health for a better life:

- Control your weight
- Increase your physical activity
- Don't use tobacco products
- Eat healthy foods
- Know Your Numbers!



Know Your Numbers:

Know Your Blood Pressure!

Blood pressure is a measure of the amount of force it takes for your heart to pump blood throughout your body.

Date:	BP:	Date:	BP:

Know Your Cholesterol!

Some foods cause the body to make extra fat and cholesterol, which can put you at risk for having a heart attack or stroke.

Date:	LDL-C	HDL-C	Fat (TG)	Total C

Personal Information

Name: _____ Phone: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Doctor: _____ Phone: _____
 Food/Medication Allergies: _____

Emergency Contact:
 Name: _____ Phone: _____
 Name: _____ Phone: _____